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ABSTRACT

These two guides provide information in English, Bosnian, Russian, Nuer, and Spanish on the proper use and administration of oral medications. Topics covered include the reasons for taking medication, information on the prescription label, following special instructions, asking questions of the pharmacist, safe storage of medicine, child-proof containers, tools for measuring medication, medication reminders, side effects and the importance of washing hands before administering medication. The guides include descriptive photographs. (SM)

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ED 434 097

By Anoka County Community Health and Environmental Services

Funding Provided by UCare Minnesota

ORAL MEDICATIONS

PROPER USE AND ADMINISTRATION

Book 1

Bosnian

LIJEKOVI ZA ORALNU UPOTREBU
(PREKO USTA)
PRAVILNA UPOTREBA I PRIMJENA

Russian

ЛЕКАРСТВЕННЫЕ ПРЕПАРАТЫ ДЛЯ
ПРИЕМА ЧЕРЕЗ РОТ
ПРАВИЛЬНОЕ ИСПОЛЬЗОВАНИЕ И ПРИЕМ
ЛЕКАРСТВ

SP038784

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ORAL MEDICATIONS
PROPER USE AND ADMINISTRATION

Book 1

Bosnian and Russian

Written By
Anoka County
Community Health and Environmental Services

Funded By
UCare Minnesota

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1998

ORAL MEDICATIONS
PROPER USE AND ADMINISTRATION

Why Take Medication?

Your body is very good at protecting itself from illness but sometimes you may get ill and need to take medicine to feel better. If this happens, it is important that you understand how to take the medicine and that you follow the directions.

LIJEKOVI ZA ORALNU UPOTREBU (PREKO USTA)
PRAVILNA UPOTREBA I PRIMJENA

Zašto Uzimati Lijekove?

Vas organizam sposoban je da sebe zaštiti od bolesti, ali ipak se može desiti da se razbolite i morate uzimati lijekove da biste ozdravili. Ukoliko do toga dodje, vazno je da razumijete kako uzimati lijekove i da slijedite upute.

ЛЕКАРСТВЕННЫЕ ПРЕПАРАТЫ ДЛЯ ПРИЕМА ЧЕРЕЗ РОТ
ПРАВИЛЬНОЕ ИСПОЛЬЗОВАНИЕ И ПРИЕМ ЛЕКАРСТВ

Почему Нужно Принимать Лекарства?

Ваш организм способен хорошо защищать себя от болезней, но все же иногда может случиться, что вы заболеете, и тогда возникнет необходимость принимать лекарства для улучшения состояния. Если такая ситуация возникнет, то чрезвычайно важно, чтобы вы понимали, как нужно использовать лекарства, а также чтобы вы точно следовали указаниям по их приему.

Sometimes your body may have many germs and the doctor will prescribe medicine to help you feel better.

Ponekad se u vašem organizmu nalaze uzročnici bolesti, i da biste ozdravili, liječnik vam mora prepisati lijekove.

Иногда ваш организм может быть сильно инфицирован болезнетворными организмами, и тогда, тобы улучшить ваше самочувствие, врач назначит лекарство для приема

After taking the medicine for a few days you may feel much better and SOME of the germs are gone. Some people stop taking the medicine when they feel better.

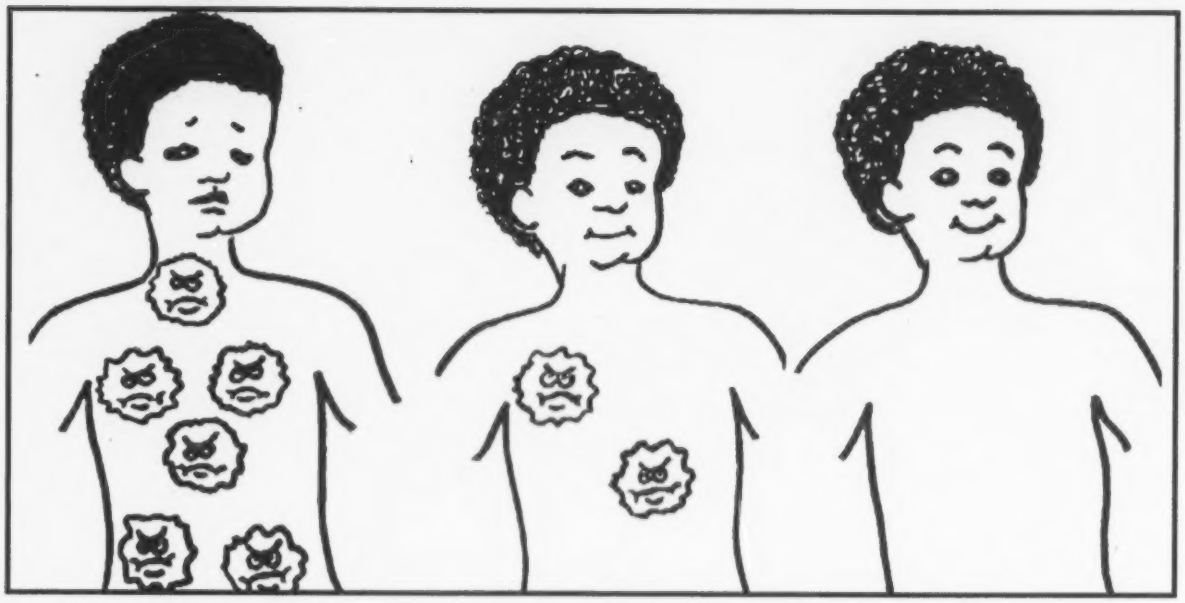
Nakon par dana uzimanja lijekova, može doći do znatnog poboljšanja i NEKI od uzročnika bolesti su nestali. Neki ljudi prestanu uzimati lijekove kad dodje do poboljšanja stanja.

После приема лекарства в течение нескольких дней инфицирующие организмы ЧАСТИЧНО погибнут, и ваше самочувствие, вероятнее всего, значительно улучшится. Некоторые люди прекращают прием лекарств после того, как они почувствуют улучшение

Often if you stop taking the medicine before the prescription is completed the germs will come back again and you will get sick again.

Ukoliko prestanete uzimati lijekove prije okončanja prepisane kure liječenja, možete se ponovo razboljeti jer će se uzročnici bolesti ponovo pojaviti.

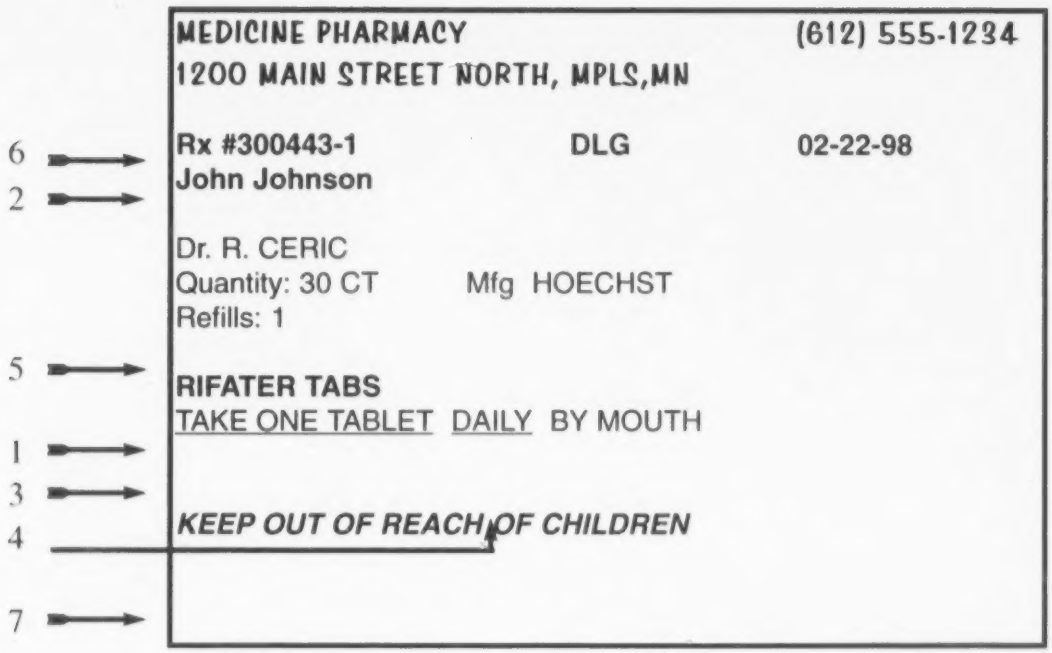
Прекращение приема лекарств до окончания курса лечения часто приводит к тому, что инфекция возобновится, и вы снова заболеете



If you complete taking the medicine as your doctor prescribes, the germs should go away and you will feel better.

Ukoliko okončate kuru liječenja kako vam je liječnik prepisao, uzročnici bolesti će nestati, a vi ćete se osjećati bolje.

Если вы будете принимать лекарства в соответствии с предписаниями врача, то, вероятнее всего, инфицирующие организмы погибнут и ваше самочувствие улучшится.



Information on the Prescription Label

The prescription label on your medicine container contains this important information:

1. Name of medicine
2. Who the medicine is for - No one else should take the medicine.
3. How much to take (dose)
4. When to take the medication (frequency) - It's important to take the medicine at the prescribed time every day.
5. Are refills available? Sometimes you can get more medicine without having to see your doctor. If your medicine has refills you can call the pharmacy and give them the prescription RX # without having to talk to the doctor, or you can bring your medicine bottle to the pharmacy to have it refilled.
6. Prescription RX #
7. Special instructions (look for label or other written instructions)

Naljepnica sa Informacijama na Medicinskom Kontejneru sa Lijekovima

Naljepnica na medicinskom kontejneru sa lijekovima sadrži slijedeće važne informacije:

1. Ime medicinskog preparata (lijeka)

2. Ime i prezime osobe kojoj je lijek prepisan - Niko drugi ne bi smio koristiti taj lijek.

3. Doziranje lijeka (koliko uzimati)

4. U koje vrijeme uzimati lijek (kako često) - Veoma je važno uzimati lijek svaki dan u isto vrijeme.

5. Da li možete dobiti dopunu lijekova? U nekim slučajevima možete dobiti dopunu lijekova bez posjete liječniku. U tom slučaju, ne morate razgovarati sa doktorom - dovoljno je da pozovete apoteku i date im broj (RX#) pod kojim je vaš lijek zaveden u apoteci, ili donesete u apoteku medicinski kontejner sa lijekom na dopunu.

6. Broj pod kojim je vaš lijek registrovan u apoteci (RX#)

7. Posebne upute (pogledajte naljepnicu ili druge pismene upute)

Этикетка с Информацией на Контейнере с Лекарством

Этикетка на контейнере с лекарством содержит следующую важную информацию:

1. Название лекарственного препарата

2. Имя и фамилия лица, которому выписано лекарство - никто, кроме этого лица, не должен его принимать

3. Сколько нужно принимать (доза)

4. Когда лекарство нужно принимать (как часто) - Важно принимать лекарство ежедневно в назначенное время

5. Можно ли получать лекарство повторно? В некоторых случаях можно повторно получать лекарство без визита к врачу. Если лекарство разрешено продавать повторно, то вам не нужно говорить с врачом, а можно позвонить в аптеку и сообщить им номер (Px /), под которым ваше лекарство зарегистрировано в аптеке, или принести в аптеку контейнер от лекарства.

6. Номер, под которым выписанное лекарство зарегистрировано в аптеке (Px /)

7. Специальные инструкции (см. этикетку или другие инструкции в письменной форме)

Special Instructions

Many medicines will have special instructions. Some medicines should not be stored in the refrigerator. Some medicines should not be taken orally (by mouth). For example, some medicines are to be used only in the eyes, ears, rectum, vagina, or on the skin.

Posebnih Uputa

Mnogi medicinski preparati (lijekovi) imaju posebne upute. Neki lijekovi ne smiju se držati u frižideru. Neki lijekovi nisu za oralnu upotrebu (na usta). Na primjer, neki lijekovi uzimaju se preko očiju, ušiju, rektalno, vaginalno, ili se nanose na kožu.

Специальных Инструкций

Многие лекарственные препараты снабжены специальными инструкциями. Некоторые лекарственные препараты не следует хранить в холодильнике. Некоторые лекарства нельзя принимать перорально (через рот). Например, некоторые лекарства предназначены только для введения в глаза, уши, в прямую кишку, влагалище или для нанесения на кожу.

Some medicines must be stored in the refrigerator. ☐

Neki lijekovi moraju se držati u frižideru.

Некоторые лекарственные препараты нужно хранить в холодильнике.

Some medicines must be taken with food. ☐

Neki lijekovi moraju se uzimati sa hranom.

Некоторые лекарственные препараты нужно принимать во время еды.

Some medicines may cause drowsiness. ☐

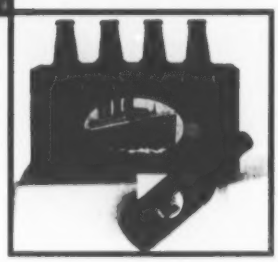
Neki lijekovi mogu prouzrokovati pospanost.

Некоторые лекарственные препараты могут вызвать сонливость.

Other examples of special instructions include:

Drugi primjeri posebnih uputa su:

К другим примерам специальных инструкций относятся:



Do not drink alcoholic beverages.

Zabranjena upotreba alkoholnih pića.

Не пить алкогольных напитков.

Shake well.

Dobro promućkati.

Хорошо взболтать.

Take this medication on an empty stomach.

Lijek uzeti na prazan stomak.

Это лекарство следует принимать натощак.

Finish all this medication.

Obavezno potrošiti prepisanu količinu lijekova.

Принять все предписанное количество этого лекарства.

Ask your pharmacist to explain labels if you do not understand them. They contain very important information.

Ukoliko ne razumijete što je napisano na naljepnici, zamolite apotekara da vam objasni. U pitanju su veoma važne informacije.

Попросите фармацевта, если вам что-то непонятно, разъяснить то, что написано на этикетках. В них содержится очень важная информация.

ASK YOUR PHARMACIST:

PITAJTE SVOG APOTEKARA:

Who is the medicine for? _____

Za koga su lijekovi?

_____

What is the name of the medicine? _____

Kako se lijek zove?

_____

How much do I take? _____

Koju količinu lijeka treba da uzimam?

_____

* **Pharmacist:** Please demonstrate dose if possible.
* **Apotekar:** Molim vas da pokažete odgovarajuću količinu (dozu) ukoliko je moguće.

When and how often do I take it? _____

Kada i koliko često treba da uzimam lijek?

_____

_____

Where should I store it? _____

Gdje treba da držim lijek?

_____

Are there any special instructions? _____

Treba li na nešto posebno da obratim pažnju kod upotrebe ovog lijeka?

_____

Вопросы, которые нужно задать фармацевту

ASK YOUR PHARMACIST:

СПРОСИТЕ У ФАРМАЦЕВТА В АПТЕКЕ:

Who is the medicine for? _____

Для кого предназначено это лекарство?

_____

What is the name of the medicine? _____

Как называется это лекарство?

_____

How much do I take? _____

Как я должен его принимать?

_____

* **Pharmacist:** Please demonstrate dose if possible.
* **Фармацевт:** Продемонстрируйте мне, пожалуйста, если возможно, дозу для приема

When and how often do I take it? _____

Когда и как часто я должен это принимать?

_____

_____

Where should I store it? _____

Где я должен его хранить?

_____

Are there any special instructions? _____

Есть ли к этому лекарству какие-нибудь специальные инструкции?

_____

Safe Storage of Medication

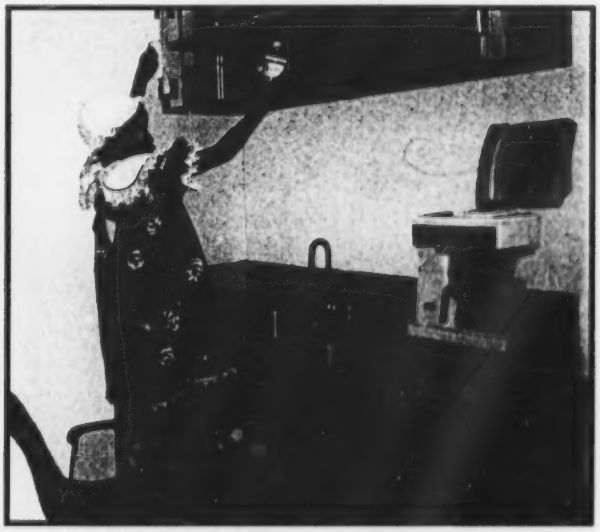
Medicine should be stored properly and out of reach of children. Medicine can be kept up high in a cupboard or in a cabinet with a safety lock, unless it needs to be refrigerated. The following pictures are examples of unsafe storage of medicine.

Držanje Lijekova na Sigurnom Mjestu

Medicinske preparate (lijekove) treba držati na odgovarajućim mjestima kojima djeca nemaju pristupa. Ukoliko se ne moraju držati u frižideru, lijekove možete pohraniti na gornjim policama ormara ili u ormariću sa sigurnosnom bravom. Slijede slike sa primjerima gdje ne treba držati lijekove.

Хранение Лекарственных Препаратов

Лекарственные препараты должны храниться в надлежащих условия вне досягаемости от детей. Лекарственные препараты, если их не нужно хранить в холодильнике, должны храниться на самой верхней полке в буфете или в шкафу с предохранительным замком. На этих рисунках демонстрируются случаи хранения лекарств в небезопасных условиях.



Childproof Containers

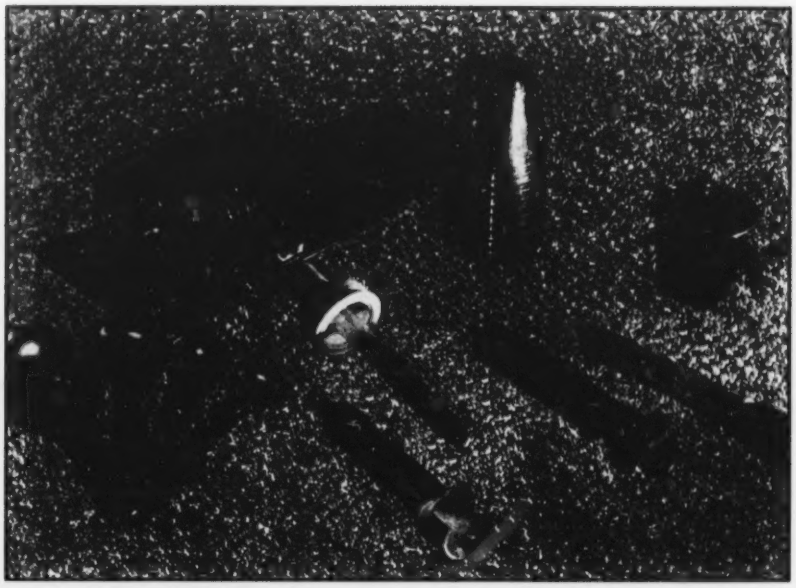
Most medicine containers have childproof covers. Ask your pharmacist to demonstrate if you need help opening the medicine container. Make sure you replace the covers correctly so your children cannot open them.

Medicinski Kontejneri Koje Djeca Ne Mogu Otvoriti

Većina medicinskih kontejnera ima poklopce koje djeca ne mogu otvoriti. Ukoliko imate poteskoća da otvorite kontejner, zamolite apotekara da vam pomogne. Ne zaboravite da ponovo zatvorite kontejner, kako vasa djeca ne bi mogla da ga otvore.

Контейнеры, Которые Дети Не Могут Открыть

Большинство контейнеров для лекарств снабжено крышкой, которую дети не могут открыть. Если вы испытываете затруднения при открывании контейнера с лекарством, то попросите фармацевта показать, как это делать. Проверьте, правильно ли вы закрыли крышку, чтобы дети не могли ее открыть.



Different Measuring Tools

There are different tools to help you in measuring medication. These can be purchased at a drugstore. Some examples are: syringe, dropper, medicine spoon, tablespoon, teaspoon. Some pharmacies will give you a free measuring tool if you ask for one.

Razne Sprave Za Doziranje Lijeka

Postoje razne sprave koje mozete koristiti za doziranje lijeka. Mogu se kupiti u apoteci. Neke od njih su: šprica (t.j. hipodermalna igla), pipeta, medicinska kašika, supena kašika, i cajna kašičica. U nekim apotekama sprave za doziranje moguće je dobiti besplatno.

Приспособления Для Отмера Дозы

Имеются различные приспособления, которые позволят вам отмерить дозу лекарства для приема. Их можно купить в аптеке. Некоторые примеры таких приспособлений: шприц, пипетка, ложка для приема лекарства, столовая ложка, чайная ложка. В некоторых аптеках, если попросить, вам могут дать бесплатно приспособление для дозировки лекарства.

Medication Reminders

If you have to take medicine for a long time (example: Isoniazid (INH) for TB infection or prenatal vitamins), it helps if you take the medicine at the same time every day. Some people cross the day off on a calendar after taking their medicine.

MAY 1998

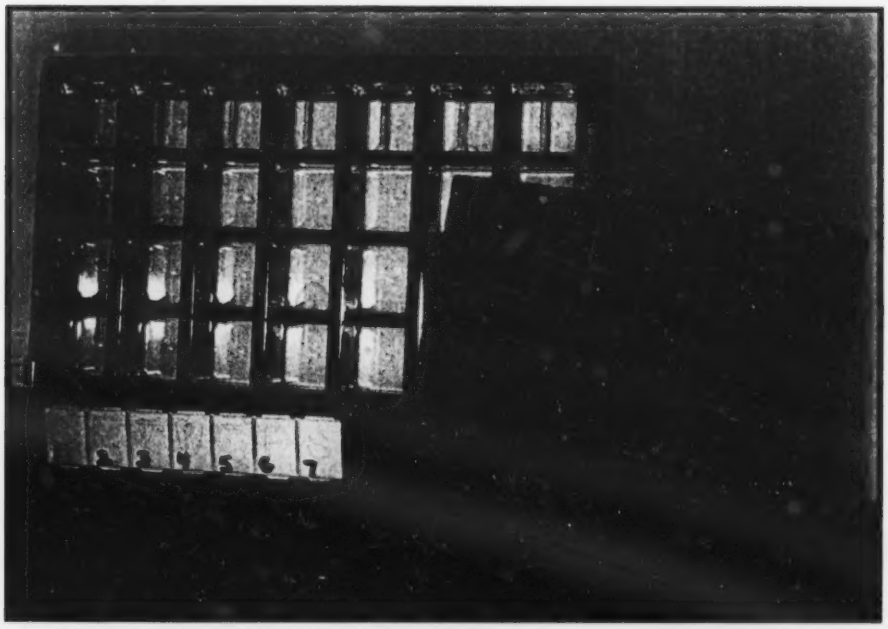
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 X	2 X
3 X	4 X	5 X	6 X	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Kako Ne Zaboraviti Uzeti Lijek

Ukoliko lijek morate uzimati u dužem vremenskom periodu (npr.: Isoniazid (INH) u liječenju tuberkuloze, ili kod uzimanja vitamina za vrijeme trudnoće), nastojte da lijek uzimate svakog dana u isto vrijeme. Neki ljudi, nakon što uzmu lijek, prekriže taj dan na kalendaru.

Напоминание О Приеме Лекарства

Если вам нужно принимать лекарство в течение длительного периода времени (например: изониазид (Исониазид - ИНЧ) при туберкулезной инфекции или витамины при беременности), то лучше всего принимать лекарство каждый день в одно и то же время. Некоторые люди после приема лекарства вычеркивают соответствующий день в календаре.



Medication Reminders

Some people find it helpful to use medication reminders to help them remember when to take their medication. There are many types available and they can be purchased at a drugstore.

Podsjetnici Za Uzimanje Lijekova

Da ne bi zaboravili kad da uzmu lijekove, neki ljudi koriste podsjetnike. Ima više vrsta ovih podsjetnika koji se mogu nabaviti u apoteci.

Напоминание О Приеме Лекарства

Некоторые люди предпочитают специальное сигнальное устройство, которое напоминает им, когда нужно принимать лекарство. Имеется много различных типов таких устройств, которые можно купить в аптеке.

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Side Effects

Most people don't have any problems when they take medicine as it is prescribed. However, sometimes medication may cause reactions that are not intended. These are called side effects. Some examples of side effects may include:

Neželjene Posljedice

Kod većine ljudi koji uzimaju lijekove po uputama liječnika, ne javljaju se nikakvi problemi. Ponekad, medjutim, lijekovi mogu dovesti do izvjesnih reakcija koje se zovu neželjene posljedice. Neki od primjera neželjenih posljedica su:

Побочный Зффект

У большинства людей не возникает никаких проблем, если они принимают лекарство в соответствии с предписаниями врача. Иногда, тем не менее, некоторые лекарства могут вызвать нежелательные состояния. Такие реакции называются "побочный эффект". Примеры побочных эффектов:

Nausea, upset stomach, stomach pain, vomiting	Mučnina, uznemiren stomak, bol u stomaku, povraćanje	Тошнота, желудочное расстройство, боль в желудке, рвота
Constipation, diarrhea	Zatvor, prolijev	Запор, понос
Dry mouth	Suha usta	Сухость во рту
Headache, dizziness, ringing in ears, or blurred vision	Glavobolja, vrtoglavica, zvonjenje u ušima, zamagljen vid	Головная боль, голо вокружение, звон в ушах или ощущение "пелены перед глазами"
Drowsiness	Pospanost	Сонливость
Difficulty breathing	Otežano disanje	Затрудненное дыхание
Rashes	Osip	Сыпь
Vaginal irritation or discharge	Vaginalna nadraženost ili iscjedak	Раздражения влагалища или влагалищные выделения
Depression (feeling very sad for many days)	Depresija (osjećanje tuge koje traje danima)	Депрессия (состояние подавленности в течение многих дней)

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Call your doctor if you experience severe side effects. Also, call your doctor if you have taken the medicine as prescribed for many days and you do not feel any better. Sometimes the doctor may want you to come back into the clinic. The doctor may want you to continue the medication because it is important even though you are experiencing side effects. The doctor may stop or change your medication.

Ukoliko dodje do neželjenih posljedica, pozovite svog liječnika. Isto tako, javite se liječniku ako ste uzimali lijekove kako je prepisano, a nije došlo do poboljšanja. U nekim slučajevima, liječnik će vas pozvati u ordinaciju. Nekad će liječnik smatrati neophodnim da nastavite uzimati lijek i pored neželjenih posljedica. U nekim slučajevima liječnik može obustaviti terapiju ili prepisati drugi lijek.

Если у вас наблюдается тяжелый побочный эффект, то сообщите об этом врачу. Следует также сообщить врачу, если у вас нет улучшений, хотя вы принимали лекарство в соответствии с предписаниями в течение многих дней. В некоторых случаях врач может попросить вас придти на прием в клинику. Врач может считать, что вам нужно продолжать прием лекарства, потому что это необходимо, даже несмотря на побочный эффект. Врач может отменить прием лекарства или заменить его на другое.

Wash Hands Before Administering Medication

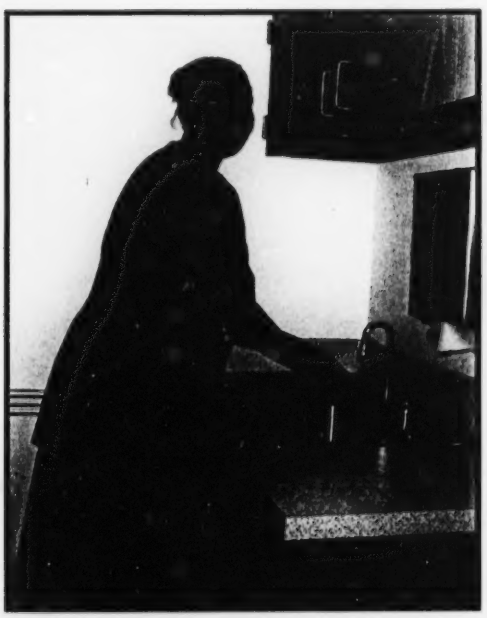
Always wash your hands before handling medication to prevent the spread of germs.

Obavezno Operite Ruke Prije Uzimanja Lijekova

Obavezno operite ruke prije dolaska u dodir sa lijekovima da biste spriječili raznošenje klica.

Перед Приемом Лекарства Следует Помыть Руки

Чтобы не допустить распространения инфекции, всегда следует мыть руки перед тем, как принимать лекарство.



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Funding Provided by UCare Minnesota

ORAL MEDICATIONS

PROPER USE AND ADMINISTRATION

Book 2

Nuer

Wal tin maath

Ciaŋ in deri maath wal kɛnɛ ciaŋ in deri määth ni ram dɔŋ

Spanish

Medicamentos Orales

Administración y Uso Apropiado

SP038784

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ORAL MEDICATIONS
PROPER USE AND ADMINISTRATION

Book 2

Nuer and Spanish

Written By
Anoka County
Community Health and Environmental Services

Funded By
UCare Minnesota

We wish to acknowledge the following for their contributions to this effort:

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1998

ORAL MEDICATIONS
PROPER USE AND ADMINISTRATION

Why Take Medication?

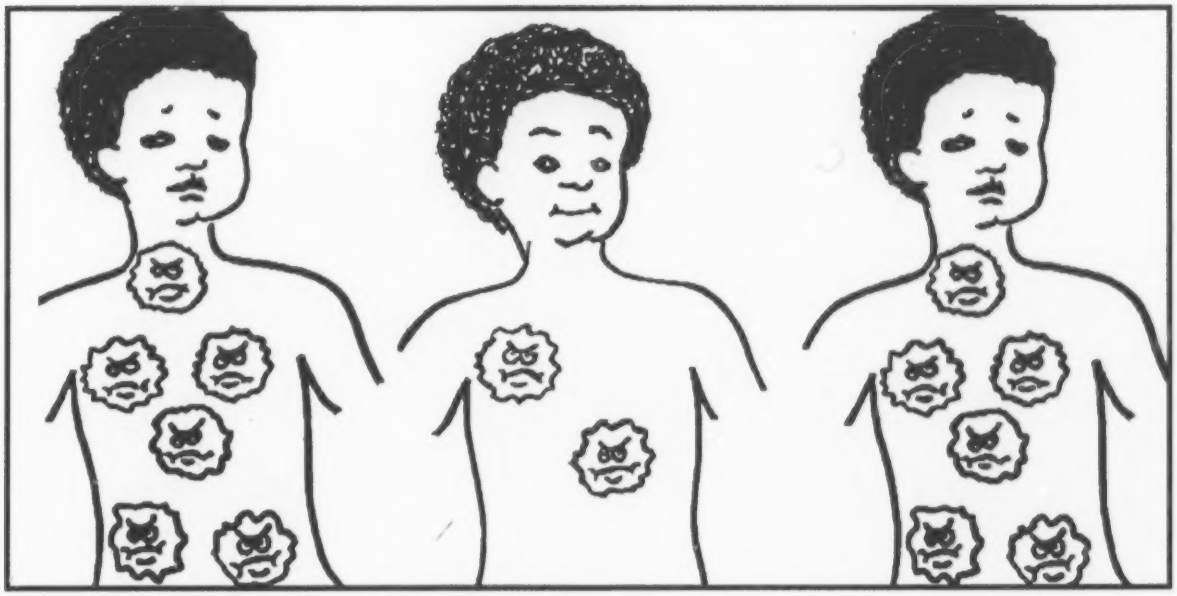
Your body is very good at protecting itself from illness but sometimes you may get ill and need to take medicine to feel better. If this happens, it is important that you understand how to take the medicine and that you follow the directions.

Wal Tin Maath
Cianŋ In Deri Maath Wal Kɛnɛ Cianŋ In Deri Määth Ni Ram Mi Dɔŋ

Ɛ ŋu a Maath Kɛ Walɔ?
Mi luäŋi rɔdu kɛ gaŋ ɛ gɔa kɛ juey, thaa guäthni de jueyi käp kä derɛ gori bi maath kɛ wal kɛ ɣöö de puɔnydu gɔa. Mi ci nɛmɛ tuɔk gɔayɛ ɛn ɣöö deri math wal ŋac kä deri duɔp ɛn maath kɛ ni kɛ guɔr.

Medicamentos Orales
Administración y Uso Apropiado

¿Por Que Tomar Medicinas?
Su cuerpo se protege a mismo muy bien de infecciones, pero a veces usted puede enfermarse y necesitará tomar medicinas para sentirse mejor. Si esto sucede, es importante que usted entienda como tomar las medicinas y siga las instrucciones debidamente.



Sometimes your body may have many germs and the doctor will prescribe medicine to help you feel better.

After taking the medicine for a few days you may feel much better and SOME of the germs are gone. Some people stop taking the medicine when they feel better.

Often if you stop taking the medicine before the prescription is completed the germs will come back again and you will get sick again.

Thaa guäthnị dɔŋ de puɔnydu te kɛ dɛy juathnị ti nyịn ŋuan kä de kịm jị moc kɛ wäl mị de puɔnydu jakä gɔa.

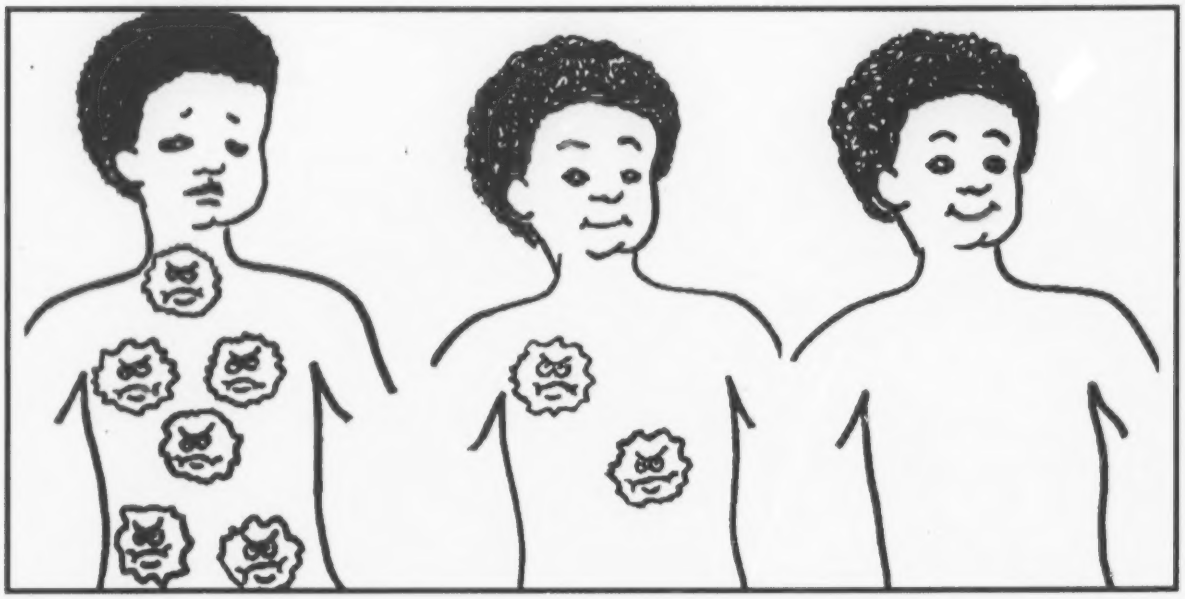
Kɛ kɔr kä mị cị wal maath kɛ nịn tị tɔ bị puɔnydu te guath kä bi thaa dɛnị juath cu gɔa. Thaa naath la math wal ɛ kap kɛ cuɔŋ mị cị puɔny kiɛn te guath.

Guäth nị dial mị cị math wal kap cuɔŋ ɛ kän wal nị thuɔk, bị dɛy juath nyɔk kɛ luny jɔk kä bị nyɔkɛ te kɛ juey.

Tal vez algunas veces su cuerpo tenga muchos gérmenes y el doctor le recete o prescriba medicinas que le ayuden a sentirse mejor.

Después de estar tomando las medicinas por algunos días, usted tal vez se sienta mucho mejor y ALGUNOS de los gérmenes desaparecerán. Algunas personas dejan de tomar la medicina cuando ellas se sienten mejor.

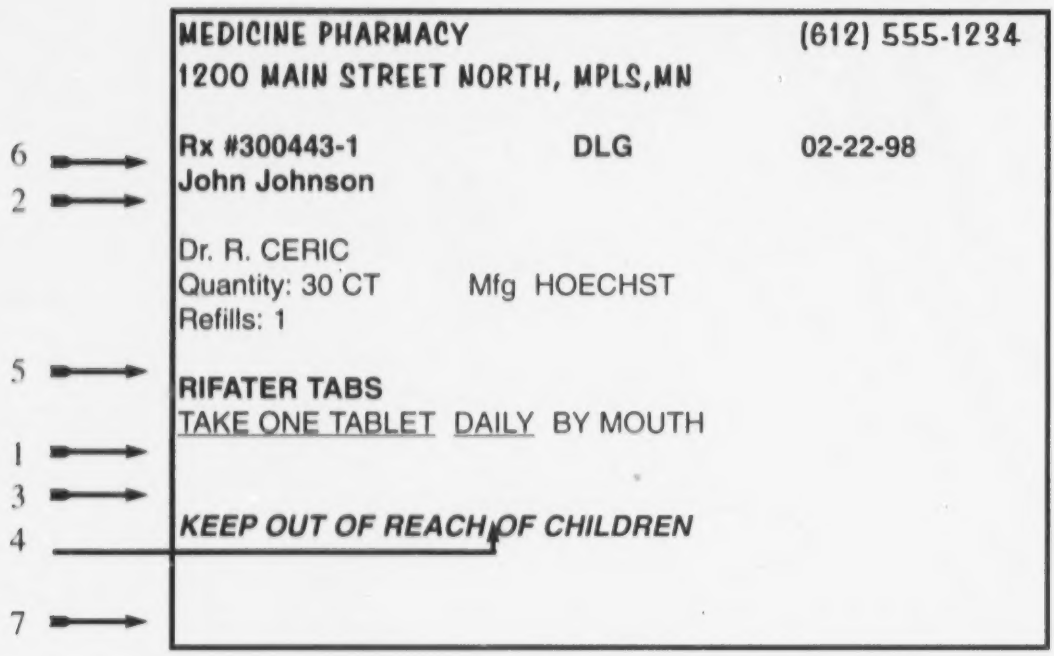
Frecuentemente si usted suspende la medicina antes que la receta se termine o complete, los gérmenes volverán y usted se enfermará otra vez.



If you complete taking the medicine as your doctor prescribes, the germs should go away and you will feel better.

Kä mi̱ ci̱ wal dial thuk kɛ ma̱th ciet kɛ min ci̱ ki̱m du jɛ lar, bi̱ dɛy jua̱th cu jiɛn kä bi̱ puɔ̱nydu cu gɔa.

Si usted toma completamente la medicación que el médico le recetó, los gérmenes desaparecerán y usted se sentirá mejor.



Information on the Prescription Label

The prescription label on your medicine container contains this important information:

1. Name of medicine
2. Who the medicine is for - no one else should take the medicine
3. How much to take (dose)
4. When to take the medication (frequency) - It's important to take the medicine at the prescribed time every day.
5. Are refills available? Sometimes you can get more medicine without having to see your doctor. If your medicine has refills you can call the pharmacy and give them the prescription RX # without having to talk to the doctor, or you can bring your medicine bottle to the pharmacy to have it refilled.
6. Prescription RX #
7. Special instructions (look for label or other written instructions)

Lär Kɛ Kuị ŋiäc Wal

Wargak in ca par puɔ̱ny yiɔ̈m kä wal te lärị dial thị̱n kɛ kuị wa̱lɛ mɔ:

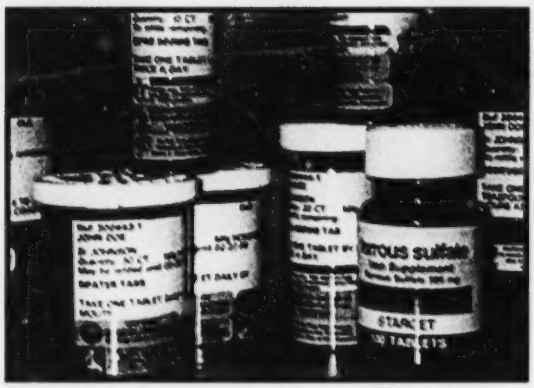
1. Ciöt wa̱l
2. Ɛ wäl ŋa? Cị̱ ram mị̱ dɔ̱diɛn wäl ɛ mɔ bị̱ math
3. Kɛ dị̱ bä mathɔ kä (wäŋ wal)
4. Kä ɛ nɛy bị̱ kɛ mathɔ (ni ciaŋ) - Ɛ mị̱ gɔa ɛ lo̱ŋ ɛn yöö derị̱ wal math nị̱ ciaŋ kɛ thak in ca larị̱ ɛ kị̱m.
5. Dë kɛ rep (te kɛ reep)? Thaa guäthnị̱ derị̱ wal tị̱ ŋuan jek a känị̱ wä kä kị̱mdu. Mị̱ go̱r wal ku reep derị̱ jị̱ pa̱mɛthị̱ kä cɔl. Kä derị̱ ke ka̱m nɔmbɔr in te jɔ wa̱l (nɔmbɔr wa̱l) cị̱ delɛ ruac ke kị̱m, kiɛ derị̱ yiom walku naŋ kä pa̱mɛthị̱ ke ji kɛl dë wä thiaŋ.
6. Nɔmbɔr wa̱l (numbɔr in ca gɔa̱r jɔ wal).
7. Duɔ̱p in ca lar (guic min ca la̱th jɔ wa̱l kiɛ min ca gɔa̱r thị̱n)

Información Sobre La Etiqueta O Rótulo En El Envase De La Medicina

La etiqueta o rótulo en su envase de medicinas, contiene esta información importante:

1. Nombre de la medicina
2. Para quien es la medicina - nadie más deberá tomar esta medicina
3. Cuanto debe tomar (dosis)
4. Cuando debe tomar la medicina (frecuencia) - es importante tomar la medicina cada día a las horas señaladas.
5. ¿Es posible otra nueva dosis de la misma medicina? Algunas veces usted puede adquirir una nueva dosis de la misma medicina sin consultar al doctor. Si su medicina necesita una nueva dosis usted puede llamar a la farmacia y darles la prescripción-RX # sin tener que hablar con el doctor, o usted puede llevar la botella o frasco de la medicina a la farmacia y obtener una nueva dosis.
6. Prescripción-RX #
7. Instrucciones especiales (mire por si hay etiquetas o rótulos u otras instrucciones escritas)

Special Instructions



Many medicines will have special instructions. Some medicines should not be stored in the refrigerator. Some medicines should not be taken orally (by mouth). For example, some medicines are to be used only in the eyes, ears, rectum, vagina, or on the skin.

Duɔ̱p In Ca Lar

Wal tį̱ ŋuan te kɛn kɛ taa̱ mį̱ göl. Thaa̱ wal ca kɛ/tɔ̱w gua̱th mį̱ kɔ̱c kɔ̱c (kä rį̱pį̱jɛrɛtɔr). Thaa̱ wal/ca kɛ math kɛ thuok. Ciet kɛ, thaa̱ wal luɔt kɛ nį̱ wäŋ, jį̱ith, ra̱l kiɛ mur kiɛ gu̱ɔ̱p.

Instrucciones Especiales

Muchas medicinas tendrán instrucciones especiales. Algunas medicinas no se deberán guardar en la nevera o refrigerador. Algunas medicinas no se deberán tomar oralmente (por la boca). Por ejemplo, algunas medicinas sólo se usarán en los ojos, oídos, recto, vagina o en la piel.

Some medicines must be stored in the refrigerator.

Thaa̱ wal tɔa̱wkɛ kɛ gua̱th mį̱ kɔ̱c kɔ̱c (rɛy rį̱pį̱jɛrɛtɔrkä).

Algunas medicinas deberán ser guardadas en la nevera o refrigerador.

Some medicines must be taken with food.

Thaa̱ wal mathkɛ kɛ kuän.

Algunas medicinas deberán tomarse con comida.

Some medicines may cause drowsiness.

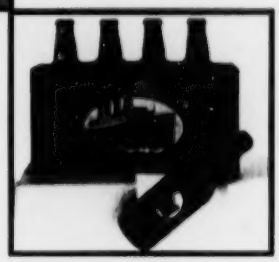
Thaa̱ wal mathkɛ, de kɛ luaŋ puɔa̱ny nöŋ (niän mį̱ dį̱t).

Algunas medicinas pueden causar sueño.

Other examples of special instructions include:

Nyuth nį dial tį ŋuan ka thįn bä:

Otros ejemplos o instrucciones especiales incluyen:



Do not drink alcoholic beverages.

Cu mäth kɛ kɔaŋ.

No tome con bebidas alcohólicas.

Shake well.

Yɔk kɛ ɛgɔa.

Bátala o agítela bien.

Take this medication on an empty stomach.

Math wäl ɛmɛ ɛ thilɛ mi te jidu.

Tome esta medicina con el estómago vacío.

Finish all this medication.

Thuk kɛ kɛn wal dial ɛ ti.

Termine toda la medicina.

Ask your pharmacist to explain labels if you do not understand them. They contain very important information.

Thiec guan pamɛthikä du kɛ ɣöö bɛ ji lat min ca gɔar jɔ wal mi/känɛ wä lɔc du. Te kɛn kɛ lär mį bum ɛ tet.

Pídale a su farmaceuta que le explique las etiquetas si usted no las entiende. Ellas contienen información muy importante.

ASK YOUR PHARMACIST:

Thiec ram in lät guạth wal:

Who is the medicine for? _____

Ɛ wäl ŋa?

_____

What is the name of the medicine? _____

Ɛ wäl mị cɔalị dị?

_____

How much do I take? _____

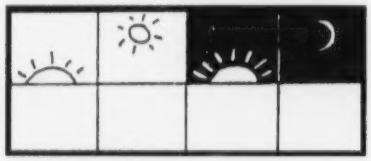
Bä math nị wäŋ dị?

_____

* **Pharmacist:** Please demonstrate dose if possible.
* **Lät guạth wal:** Lat nị mạth wal lɔc dä mị lotɛ rɔ.

When and how often do I take it? _____

Ɛ nɛi, kä bä jɛ math kɛ pek mị nịndị?



_____

Where should I store it? _____

Kä bä jɛ tọw nị kä?

_____

Are there any special instructions? _____

Te kɛ mị ca lar kɛ kuị dɛ?

_____

Questions to Ask the Pharmacist **Spanish**

Preguntas para hacerle al farmacueta

ASK YOUR PHARMACIST:

PREGUNTELE A SU FARMACEUTA

Who is the medicine for? _____

¿Para quién es la medicina?

_____

What is the name of the medicine? _____

¿Cúal es el nombre de la medicina?

_____

How much do I take? _____

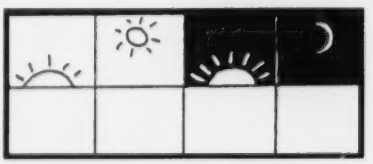
¿Cuánto debo yo tomar?

_____

* **Pharmacist:** Please demonstrate dose if possible.
* **Farmaceuta:** Por favor demuestre la dosis si es posible.

When and how often do I take it? _____

¿Cuándo y cada cuanto yo debo tomarla?



_____

Where should I store it? _____

¿Dónde debo yo guardarla?

_____

Are there any special instructions? _____

¿Hay algunas instrucciones especiales?

_____

Safe Storage Of Medication

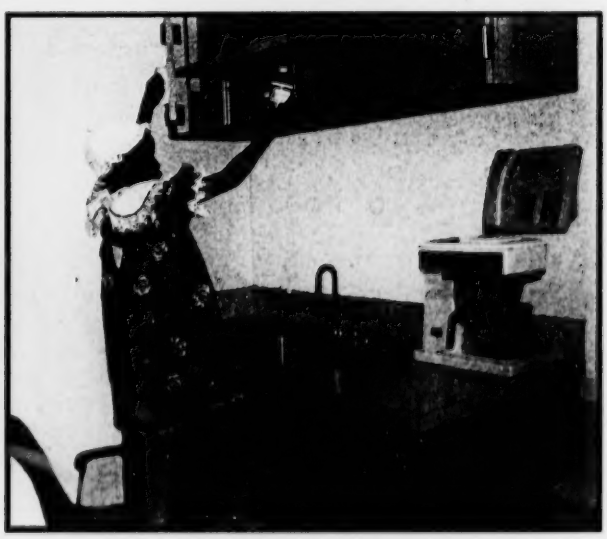
Medicine should be stored properly and out of reach of children. Medicine can be kept up high in a cupboard or in a cabinet with a safety lock, unless it needs to be refrigerated. The following pictures are examples of unsafe storage of medicine.

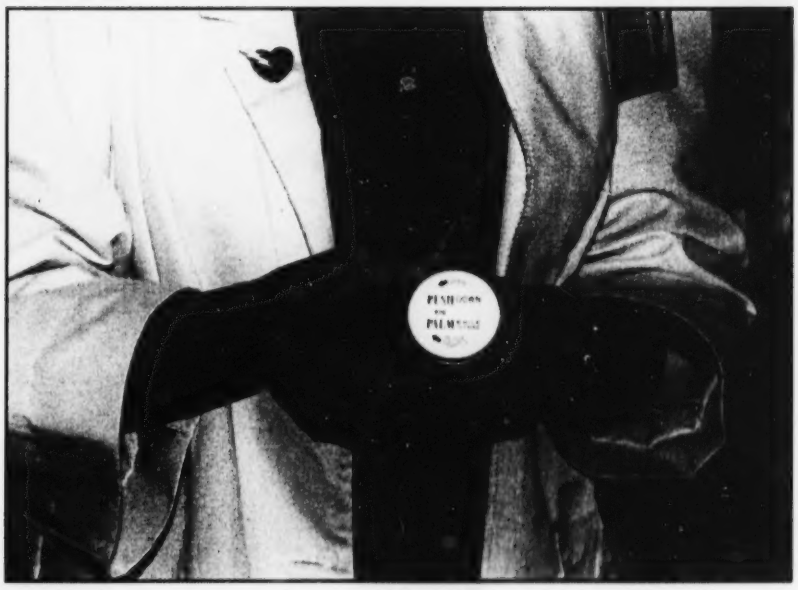
Guath In Gɔa Kɛ Tɔaw Wal

Wäl ba tɔw ɛ gɔa guath mi ci gaat ɛ bi jek thin. Wal de kɛ lath nhial rɛi dolapkä kiɛ rɛi thadukä mi te kɛ gäk mi gɔa ɛ/ni mi gor kɛn läth rɛy ripijɛrɛtɔr kä. Thurɛ ni tɔtɔ ni kɛ nyuthni tɔw kä wal ɛ jiäk.

Almacenamiento Seguro De La Medicina

La medicina debe ser apropiadamente almacenada o guardada fuera del alcance de los niños. Las medicinas pueden mantenerse en un armario alto o en un gabinete cerrado con llave a menos que necesiten ser refrigeradas. Las siguientes fotografías son un ejemplo de un almacenamiento no seguro o inapropiado de las medicinas.





Childproof Containers

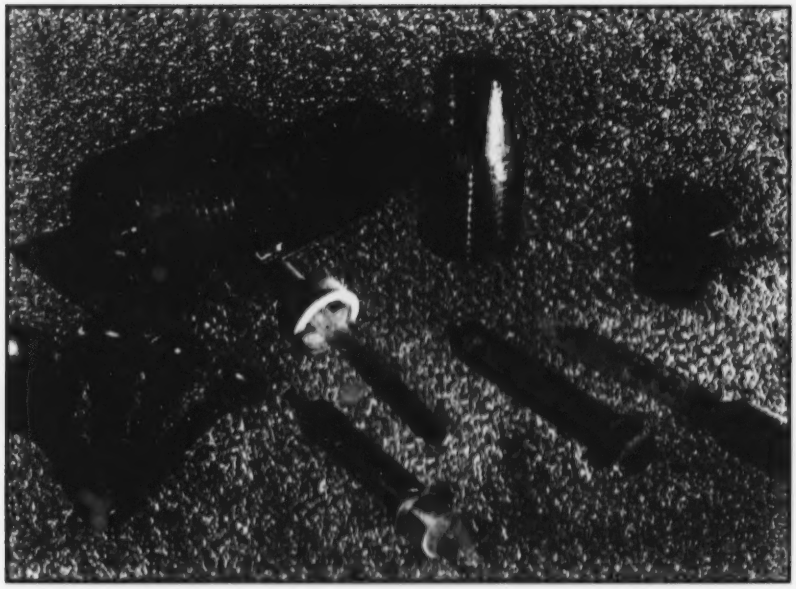
Most medicine containers have childproof covers. Ask you pharmacist to demonstrate if you need help opening the medicine container. Make sure you replace the covers correctly so your children cannot open them.

Yiöm Tin Ca Tath Kumni Ti Ci Gaat Kɛ De Luäŋ Kɛ Lëp

Riw yiömni wal te kɛn kɛ kumni ti ci gaat kɛ de luäŋ ke lëp. Thiec lät guath wal mi gori luäk kɛ lëp yiömkä wal (mi dhal lëp dɛ ji). Ŋäc ni jɛ ɛn yöö ci kumdɛ lath thin ɛ gɔa a ci gaatku jɛ de lɛp.

Envases O Recipientes A Prueba De Niños, O Sea Envases Difíciles De Abrir Para Los Niños

La mayoría de los envases o recipientes para medicinas tiene tapas a prueba de niños. Pídale a su farmaceuta que le demuestre como abrir el envase de la medicina si usted tiene dificultad de hacerlo. Esté seguro de que usted pone la tapa correctamente otra vez, así sus hijos no podrán abrirla.



Different Measuring Tools

There are different tools to help you in measuring medication. These can be purchased at a drugstore. Some examples are: syringe, dropper, medicine spoon, tablespoon, teaspoon. Some pharmacies will give you a free measuring tool if you ask for one.

Theemni Ti Gööl

Tëë kɛ theemni ti göödl ti de ji luäk kɛ thëm wal. Ti tini la ka kɔakɛ guath kokä wal. Thaa nyuthni: thiric wal, lut wal in kɔc kɔc, malɛ gak wal, malɛ gak in te kɛ thëm ni, malɛ gak käykä. Thaa guäthni kɔakɛ kɛ guath wal (pamithini) la jia kam kɛ them baŋ ɛ kɛn mi ci kɛ thiec kɛ jɛ.

Diferentes Utensilios Para Medir Las Medicinas

Hay diferentes utensilios que le ayudan a usted a medir la dosis apropiada de la medicina. Estos se pueden comprar en cualquier farmacia o droguería. Algunos ejemplos son: jeringas, goteros o cuentagotas, cucharas para medicinas, cucharas soperas y cucharitas. Algunos farmaceutas le darán gratis un utensilio para medir la medicina si usted lo pide.

Medication Reminders

If you have to take medicine for a long time (example: Isoniazid (INH) for TB infection or prenatal vitamins), it helps if you take the medicine at the same time every day. Some people cross the day off on a calendar after taking their medicine.

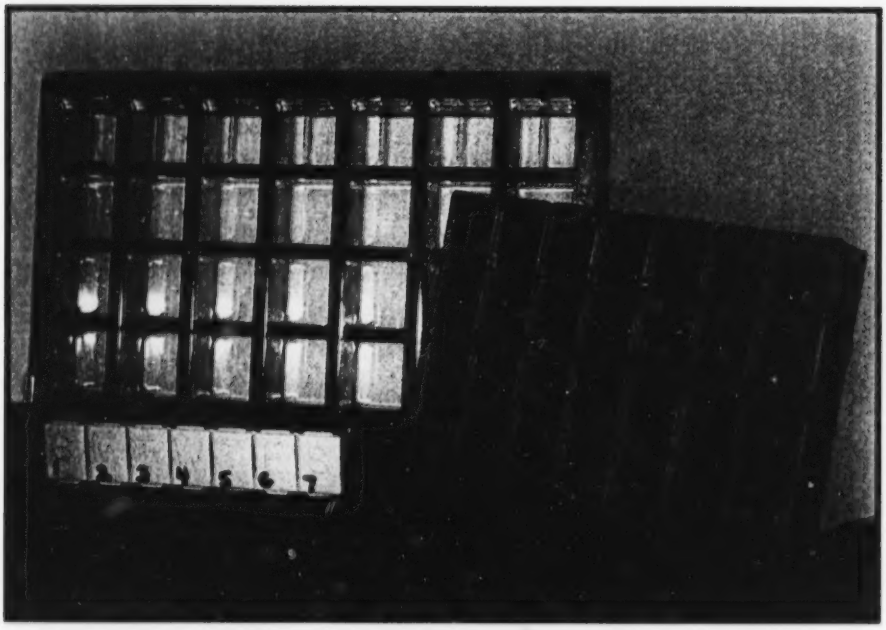
MAY 1998						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Tim Wal

Mi deri wal math kɛ pek mi bär kɛ yöö ti kɛ kiɛl in cɔali tibi kiɛ juey riɛm derɛ ji luäk ɛ loŋ mi la wal ɛ mathi kɛ thak diɛn in ca lar ɛ kim ni ciaŋ. Thaa naath la käŋ a bal kɛ kɛ kɔr kä mi ci kɛ wal kiɛn tok kɛ math.

Recordatorios Para Tomar Las Medicinas

Si usted tiene que tomar medicinas por períodos largos (ejemplo: Isoniazid (INH) para infecciones tuberculosas o vitaminas pre-natales), estos recordatorios le ayudarán a que usted tome las medicinas al mismo tiempo cada día. Algunas personas marcan el día en su calendario o almanaque después de tomar la medicina.



Medication Reminders

Some people find it helpful to use medication reminders to help them remember when to take their medication. There are many types available and they can be purchased at a drugstore.

Tim Wal

Thaa naath jek kɛnɛ ɛn ɣöö ɛ mi gɔa ɛ loŋ ɛn ɣöö deri te kɛ mi la jia tim math wal. Te kɛn kɛ guäth ti göl ti nyin ŋuan ti luɔt kɛ ro, kä deri kɛ jek guäth ni tin la wal a kɔakɛ thin.

Recordatorios Para Tomar Las Medicinas

Algunas personas encuentran de gran ayuda el usar los recordatorios para no olvidar cuando tomar las medicinas. Hay muchos tipos disponibles y ellos pueden ser comprados en las farmacias o droguerías.

Side Effects

Most people don't have any problems when they take medicine as it is prescribed. However, sometimes medication may cause reactions that are not intended. These are called side effects. Some examples of side effects may include:

Rik Tin Kɔ Kiɛn

Rịw naath thilɛ kɛ riɛk mị math kɛn wal cet kɛ min ca rialịkä ɛ kịm. Kuɛ la yöö thaa guäthnị wal la duɔr wiạ tuɔk mị cị rɔdɛ luot. Ti tinị cɔal kɛ ị la kɛn wiạ tuɔt nị rö kɛ mạth wal. Dɔŋ ba thạ juạthnị tin la mạth wal kɛ wiạ tuok mat thịn:

Efectos Secundarios

La mayoría de las personas no tienen ningún problema cuando toman medicinas según han sido recetadas. Aunque, algunas veces la medicina causa reacciones no deseadas. Estas son llamadas efectos secundarios. Algunos ejemplos de efectos secundarios pueden ser:

Nausea, upset stomach, stomach pain, vomiting	ŋɔny jiɛc, kịr jiec, bɛ̈c jiɛc, ŋök	Náusea, malestar de estómago, dolor de estómago vómito
Constipation, diarrhea	Riɛny, bɛ̈c jiɛc mị thil käp cuɔŋ	Estreñimiento, diarrea
Dry mouth	Thuok mị köt	Boca seca o recequedad en la boca
Headache, dizziness, ringing in ears, or blurred vision	Bak wiäc, wịl wiäc, tiath jịthnị, paat wäŋnị	Dolor de cabeza, vértigo o mareo, sonido molesto en el oído, o visión nublada
Drowsiness	Niän mị dịt kä cuanɛ puɔny du	Soñolencia
Difficulty breathing	Yie mị bɛc bɛc	Dificultad al respirar
Rashes	Kuk puɔny	Salpullidos, erupciones
Vaginal irritation or discharge	Juey in la män ɛ käp muriɛn	Irritación vaginal o flujo vaginal
Depression (feeling very sad for many days)	Jiäk lɔac kɛ kɔr nịnị tị ŋuan	Depresión (sentirse muy triste por muchos días)

Call your doctor if you experience severe side effects. Also, call your doctor if you have taken the medicine as prescribed for many days and you do not feel any better. Sometimes the doctor may want you to come back into the clinic. The doctor may want you to continue the medication because it is important even though you are experiencing side effects. The doctor may stop or change your medication.

Cɔl kịmdu mị të kɛ mị cị wị du yiạr (kiɛ cị wị du jiäk). Cɔl kịm du bä mị cị wal math kɛ pek mị bär kä cị puɔ̣ny du te kɛ guạth. Thaa guäthnị dɔ̣ŋ bị kịm du ɛ gör ɛn ɣöö bị luny duel wal. Dɔ̣ŋ bị kịm ɛ gör ɛn ɣöö bị ŋuot kɛ mị maathnị wal, cäŋ lɛl kɛn puɔnydu muoc juạth kɔ̣kiɛnị. Dɔ̣ŋ bị kịm jị kạp cuɔ̣ŋ kiɛ bɛ jị moc wal tị kɔkiɛn.

Llamé a su doctor si usted padece o experimenta severos efectos secundarios. También llamé a su doctor si usted ha tomado la medicina por varios días según fue recetada y no ha sentido ninguna mejoría. Algunas veces el doctor deseará que usted vuelva a la clínica. El doctor tal vez deseará que usted continúe tomando la medicina por que es importante, aunque usted esté experimentando efectos secundarios. El doctor tal vez suspenderá o cambiará la medicina por otra.

Wash Hands Before Administering Medication

Always wash your hands before handling medication to prevent the spread of germs.

Lak Tëtku A Kenį Nį Cop Guąth In Te Wal Thįn

Lak tetku guäth nį dial a kenį wal käp kɛ ɣöö de kɛ jį gaŋ kɛ juey.

Lávese Las Manos Antes De Administrar La Medicina

Siempre lávase las manos antes de manejar la medicina para prevenir la propagación de gérmenes.

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(jëk jɛ kɛ cäŋ kä 2/5/98)

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